PLASMA CRYSTAL

TV Coverage: TV AOS TV AOS 07:47-08:01

09:23-09:36 Ku-band 13:00-13:20

GMT	Crew	Activity / ODF or R/G
06:00–06:10		Morning inspection
06:10-06:40		Personal hygiene (post-sleep)
06:40-07:30		BREAKFAST
07:30-08:00	CR ¹ -2, ISS3	Work prep
07:30-07:50	CR-1, CR-3	HDTV: Prep for ISS/MCC TV conference (Pocari SWEAT) / r/g 2166u
07:50-08:00	CR-2	Conference with Cite de l'Espace (France) VHF2
07:50-08:05	CR-1, CR-3	HDTV: ISS/MCC TV conference (Pocari SWEAT) / r/g 2166u
08:00-08:30	CR-2	MARSUPIO: using multi-purpose bag / r/g 2187u
08:05-08:45	CR-3	PLASMA CRYSTAL-3: pre-run vacuum purge (start) / r/g 2164u
08:25-08:40	CDR	Food questionnaire
08:40-08:55		ICE: hammer test prep
09:00–09:15		Daily planning conference (S-band)
09:05-09:35	CR-1, CR-3	PLASMA CRYSTAL-3: video downlink / r/g 2164u
09:15–09:55	CDR	Transfer of TVIS/RED/CVIS data to MEC
09:30-10:40	CR-2	LSO: loading software / r/g 2187u
09:35–11:45	CR-3, CR-1	HDTV: video recording (Pocari SWEAT commercial) / r/g 2166u
10:00–10:20	CDR	ICE: hammer test
10:30–10:40	ISS3	Prep for PAO media event
10:40–11:10	PLT	Troubleshooting lights from Soyuz-207 / r/g 2186u
10:40–11:30	CR-2	COGNI: Three-Dimensional Navigation experiment / SM ANDROMEDE, item 6.3 + r/g 2159u-R, 2159u-F
10:40-10:50	FE-1	Recording readings of skin thermometers and ????-1 sensors on units ??325 (1 & 2) / r/g 1980u, 2170u
11:00–11:10	F E - I	
11:00–11:20	CDR	ICE: hammer test
11:10–12:15	PLT	Physical exercise (cycle)
11:15–12:50	FE-1	Physical exercise (RED+TVIS day 2)
11:25–11:55	CDR	Transfer of MEC files to OCA
11:50–12:50	CR-2	EAC: determining cosmonaut health status by alternative methods
11:55–12:05	CDR	Prep for TV conference
12:00–12:50	CR-3	COGNI: Three-Dimensional Navigation experiment / SM ANDROMEDE, item 6.3 + r/g 2159u-R, 2159u-F
12:00–12:30	CR-1	DIATOMEA / r/g2180
12:52-13:00		ISS3/ISS4 crew conference via S-band
13:00–13:20		TV conference (Spain)
13:20–14:05	VC ²	LUNCH

¹ CR – Cosmonaut Researcher (*translator's note*) ² VC – Visiting Crew (*translator's note*)

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13:20–14:20	ISS3	LUNCH
14:05–15:00	CR-3	PLASMA CRYSTAL: experiment setup / r/g 2164u
14:05–14:55	CR-1	COGNI: Three-Dimensional Navigation experiment / SM ANDROMEDE, item 6.3 + r/g 2159u-R, 2159u-F
14:05–17:45	CR-2	PLASMA CRYSTAL-3: experiment (assist) / r/g 2164u
14:20–14:40	PLT	Collecting air samples with AK-1M sampling adsorber (freon content in SM air) / ???? ??, item 11.2, page 11-3+ r/g 2164u
14:40–15:00	ISS3	Daily planning conference / r/g 2153u
14:55–17:50	CR-1	Payload photo/video ops / r/g 2188u
15:00–15:20	FE-1	PLASMA CRYSTAL-3: payload photography / r/g 2164u
15:00–16:25	CR-3	PLASMA CRYSTAL-3: experiment / r/g 2164u
15:10–15:30	CDR	ICE: hammer test
15:15–15:55	PLT	Maintenance of ???
15:20–16:05	FE-1	INTERACTION: data collection and backup (FE-1)
15:30–16:30	CDR	Physical exercise (CEVIS)
15:55–16:10	PLT	Dreamtime: setup
16:10–16:40	PLI	Dreamtime: filming documentary footage
16:25–16:50	CR-3	PLASMA CRYSTAL-3: concluding ops / r/g 2164u
16:30–17:55	CDR	Physical exercise (RED)
16:40–18:10	PLT	Physical exercise (TVIS+IRED day 2)
16:50–17:20	FE-1	PLASMA CRYSTAL-3: copying HD files, stowing videocomplex / r/g 2164u
16:50–17:40	CR-3	
17:20–18:15	FE-1	Physical exercise (cycle-2)
17:50–18:00	CR-1	Charging camcorder battery / ??? ??, item 3.2, page 3-2
17:55–18:10	CDR	Experiment of Physics of Colloids in Space (EXPPCS): installation
18:00–18:25	VC	
18:10–18:25	PLT, CDR	Reviewing plan for the next day
18:15–18:25	FE-1	
18:25–18:40		Daily planning conference (S-band)
18:40–19:10		Report prep
19:10–19:40	CR1, CR3	
19:10–19:55	CR1	Daily food ration prep
19:10–19:30	1000	
19:30–19:55	ISS3	FD/ISS conference (S-band)
19:55–20:30		DINNER
20:30–21:30	ISS3, CR-1, CR-2	Personal hygiene (pre-sleep)
20:30–21:00	CR-3	
21:00–21:30	CR-3	PLASMA CRYSTAL-3: line vacuum purge (end) / r/g 2164u
21.30-06.00		SLEEP
		SLEEP

Note: see OSTP for references to US activities

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